Claims:

1.   A method for generating an audio programme, the programme having a plurality of phases, in which each phase is generated by selecting a plurality of audio sequences selected at random from a repertoire of audio sequences, and reproducing the selected audio sequences in succession.

2.   The method of claim 1, wherein each phrase comprises a predetermined number of audio sequences selected at random from a repertoire of one or more sequences specific to that phrase.

3.   The method of claim 1, wherein one of more of the phases always lasts a predetermined length of time.

4.   The method of claim 1, wherein one or more of the phases has a variable length.

5.   The method of claim 4, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used is variable.

6.   The method of claim 1, which is performed by hardware that has been designed specifically for reproduction of audio signals.

7.   The method of claim 1, which is performed by a general-purpose computer having suitable audio reproduction hardware.

8.   Computer hardware for generating an audio programme, the programme having a plurality of phases, in which each phase is generated by selecting a plurality of audio sequences selected at random from a repertoire of audio sequences, and reproducing the selected audio sequences in succession, said hardware having a program memory, a processor for executing a program stored in the program memory, a sequence memory in which is stored a plurality of audio sequences, and audio reproduction hardware, there being stored in the program memory a program which, when executed by the processor, causes the audio reproduction hardware to reproduce audio sequences stored in the sequence memory.

9.   Computer hardware as claimed in claim 8, wherein at least a part of the program memory is constituted within a non-volatile memory device.

10.   Computer hardware as claimed in claim 7, wherein at least a part of the sequence memory is constituted within a non-volatile memory device.

11. Computer hardware as claimed in claim 8, wherein the ROM is provided in a configuration that can be readily exchanged by a user, such as in a cartridge or a card.

12. Computer hardware as claimed in claim 8, wherein at least a part of the memory is permanently or semi-permanently installed within the hardware.

13. A computer program product executable by computer hardware to perform a method for generating an audio programme, the programme having a plurality of phases, in which each phase is generated by selecting a plurality of audio sequences selected at random from a repertoire of audio sequences, and reproducing the selected audio sequences in succession.

14. A computer program product as claimed in claim 13, wherein said computer program product is executable by hardware having a program memory, a processor for executing a program stored in the program memory, a sequence memory in which is stored a plurality of audio sequences, and audio reproduction hardware, there being stored in the program memory a program which, when executed by the processor, causes the audio reproduction hardware to reproduce audio sequences stored in the sequence memory.

15. A method of relaxing and for reducing stress in an individual, which method comprises exposing said individual to a performance of music and randomly selected voiceover, and wherein the length of the overall performance is pre-determined by the individual. ·

16. A method of relaxing and for reducing stress in an individual as claimed in claim 15, which method comprises exposing said individual to a performance of music and voiceover comprising at least the following sequential phases:

    a) a first phase of combined music and randomly selected voiceover comprising instructions to lower said individual from a conscious state into a subconscious state;

    b) a second phase of combined music and randomly selected voiceover comprising suggestions to maintain the individual in said subconscious state; and

    c) a third phase of combined music and randomly selected voiceover comprising instructions to lift the individual from said subconscious state to a conscious state;

and wherein the length of the overall performance is pre-determined by the individual.

17. A method as claimed in claim 16, wherein prior to the first phase a) the individual is exposed to an introduction phase of combined music and randomly selected voiceover including a description of the nature of the method to follow.

18. A method as claimed in any one of claim 16, wherein the overall performance time is from 10 to 60 minutes.

19. A method as claimed in claim 16, wherein the first phase a) and the third phase c) are of the same or similar length in time.

20. A method as claimed in claim 15, wherein the music is anxiolytic music and comprises randomly selected pieces of anxiolytic music.